

Birth to 5 years old

Infancy/Early Childhood

- From the day they are born, children begin learning about themselves and the world around them.
- It is normal for infants to explore their bodies. Toddlers are curious about the bodies of their parents and other children.
- Teach them that their entire body is important, and that each body part has a correct name and a job to do.
- They are becoming more aware of the differences between males and females and the roles of each.
- Be prepared for questions and help them feel comfortable about asking questions.
- Find out exactly what your child is asking about before you answer, to avoid giving more information than they want or need.
- Punishing children for self-discovery (touching themselves) sends a message of shame.
- By the time they reach age five, children should know:
 - the correct names of their body parts
 - the difference between males and females
 - the basics about where babies come from
 - that the body is private and special

